(1990-2011) TMI Focus
HEMI-LYNC Compilations

Hemi-Lync: Making Global Connections was a bulletin board that appeared regularly in the TMI Focus from 1992-2007. It was designed to connect readers with people, events, and publications around the world that had something to share about Hemi-Sync and The Monroe Institute.

Books (1992-3)
These books are not offered through our catalog. They may be purchased at your local bookstore.

Free Rides: How to Get High Without Drugs, by Douglas Rushkoff and Patrick Wells ($8.00, softcover, Dell) offers myriad techniques for finding your state of bliss, from visual highs to sound and music; from sex to deep breathing; from hardware to dreaming. The chapter on out-of-body experiences enthusiastically discusses Bob Monroe's books and the Institute's programs.

Out-of-Body Adventures, by Rick Stack ($7.95, softcover, Contemporary Books) is subtitled “30 Days to the Most Exciting Experience of Your Life.” This “how-to” includes step-by-step techniques and instruction in getting out of your body, overcoming fear, and things you can do once you are out. References are made to some of the concepts Bob Monroe introduced in *Journeys Out of the Body.*

Supermemory: The Revolution, by Sheila Ostrander and Lynn Schroeder ($21.95, hardcover, Carroll and Graf). This new book from the authors of *Psychic Discoveries Behind the Iron Curtain* and *Superlearning* explores the creative powers of memory, reveals declassified information about memory weapons, talks about high-tech memory- boosting machines, and offers practical advice for improving intelligence and memory. There is a detailed account of the success of Hemi-Sync in the classroom. TMI is mentioned again in a discussion of OBE and NDE (near-death experience).

The Warrior's Edge by Col. John B. Alexander, Maj. Richard Groller, and Janet Morris ($19.95, hardcover, William Morrow & Co.) discloses U.S. military training techniques, many previously classified, for extraordinary performance and adapts them as success strategies for your business and your life. Bob Monroe's work is mentioned in a discussion about OBE and remote viewing; Hemi-Sync is reviewed in the chapter called “Accessing Power. “

With the Eyes of the Mind by Glen 0. Gabbard and Stewart W. Tremlow ($35.00, hardcover, Praeger Publishers) is an empirical analysis of out-of-body states. Based on information from 339 subjects, this work represents the first large-scale, psychiatrically oriented research project

designed to study people who have reported OBEs. Bob Monroe was one of the subjects of this study whose case is reviewed in detail.

Books (1993-2)
These books may be acquired through your local bookstore. They are not available from TMI or Interstate Industries.

Animal Immortality, by Bill D. Schul ($9.95, softcover, Carroll and Graf), contains fully documented case studies of domestic and other animals whose spirits have been known to return to the site of their life activities. Bill Schul, a former GATEWAY VOYAGE Trainer, also draws from his personal experience during programs and from Bob Monroe's books to provide examples of communication with deceased animals.

Healing Myself, by Gari Carter (publication pending, Donning), is scheduled for release this spring. Gari has used HemiSync for about ten years, beginning when a near-fatal car accident led to a series of painful reconstructive surgeries and a friend gave her the EMERGENCY SERIES. She is generous in her praise of Hemi-Sync throughout the book and specific about how she used it to support her recovery. Members will remember that Gari read an excerpt from Healing Myself for the Fall 1992 Quarterly Tape.

Books (1993-3)
Healing Myself, by Gari Carter ($10.95, softcover, Hampton Roads Publishing Company, Inc.), should be in the bookstores by October. This is Gari's inspiring story of how Hemi-Sync, specifically the *EMERGENCY SERIES*, helped her to endure and heal from a series of painful reconstructive surgeries following a near-fatal car accident.

Uniting Sex, Self & Spirit, by Genia Pauli Haddon, PhD, D. Min. ($15.95, soft cover, Plus Publications) In this eloquent tour de force, Genia Haddon, OUTREACH Trainer and TMI Professional Member, shows how male-female body differences can be used as guides for personal development, spirituality, and cultural change. She credits the role Bob Monroe and the Institute have played in her consciousness explorations and references portions of our laboratory research to illuminate the nature of feminine energy cycles.

Books (1993-4)
Healing Myself, by Gari Carter ($10.95, softcover, Hampton Roads Publishing Company, Inc.), should be in the bookstores by October. This is Gari's inspiring story of how Hemi-Sync, specifically the *EMERGENCY SERIES*, helped her to endure and heal from a series of painful reconstructive surgeries following a near-fatal car accident.

Out There, by Howard Blum ($5.99, softcover, Pocket Star Books), is an account of the United States government's Unidentified Flying Object Working Group formed in 1987 to investigate the authenticity of the UFO phenomenon. The Monroe Institute is mentioned as a site for

training the Army intelligence personnel involved to relieve stress through “advanced states of consciousness” and to learn to experience “hemisphere synchronization.”

The Dolphin Tribe, by Ashleea Nielsen ($9.95, softcover, White Dolphin Press), be published in late August. This book is an outgrowth of Ashleea's intense interest in and exploration of interspecies communication between humans and dolphins and its possible value for healing ourselves and the planet. She makes generous mention of Bob Monroe's research, especially his development of the concept of NVC (nonverbal communication) and gives information for contacting the Institute.

Mind Trek, by Joe McMoneagle ($10.95, softcover, Hampton Roads Publishing Company, Inc.), is Joe's personal account of how he developed his ability to “see” in the mind's eye things remote in time, in space, or in both time and space. Joe is a longtime associate of The Monroe Institute; GATEWAY VOYAGE participants who remember his presentation on the topic of remote viewing as one of the high points of the course. Mind Trek includes guidelines on how to develop these abilities.

Whole Brain, ($14.95, softcover, Hampton Roads Publishing Company, Inc.) was compiled by Ronald Russell, a member of TMI's Professional Division and Board of Directors. Filled with firsthand experiences and professional and therapeutic applications of Hemi-Sync, it constitutes an excellent introduction to the technology and is likely to become a standard sourcebook for anyone wanting to know what Hemi-Sync is and what it does.

Books (1994-1)

Healing Myself, by Gari Carter ($10.95, softcover, Hampton Roads Publishing Company, Inc.), is Gari's inspiring story of how Hemi-Sync, specifically the *EMERGENCY SERIES*, helped her to endure and heal from a series of painful reconstructive surgeries following a near-fatal car accident.

Mind Trek, by Joe McMoneagle ($10.95, softcover, Hampton Roads Publishing Company, Inc.), is Joe's personal account of how he developed his ability to “see” in the mind's eye things remote in time, in space, or in both time and space.

Books (1994-2)

Using the Whole Brain, edited by Ronald Russell ($14.95, softcover, Hampton Roads Publishing Company, Inc.), is a compendium of articles by TMI members and OUTREACH detailing their application of and experiences with Hemi-Sync. It's a superb reference for those who are already Hemi-Sync proficient and is the ideal resource to offer friends who 'ask, “What's it all about?”

Watch the summer issue (No. 3, Summer 1994) of the FOCUS for a new feature, “Spotlight on Members,” and the story of how Using the Whole Brain came to be.

Books (1995-1)
The following titles are available from your local bookstore.

Beyond the Light: What Isn't Being Said about the Near-Death Experience, by P. M. H. Atwater ($16.95, hardcover, Birch Lane Press). This meticulously researched volume by near-death survivor, Phyllis Atwater, lists The Monroe Institute and its programs as a resource for those dealing with spiritual emergence.

Transformative Adventures, Vacations & Retreats, by John Benson (New Millennium Publishing), furnishes descriptions of TMI's residential programs for those seeking a getaway geared to the inner landscape. [Thanks to Jerry Schatz for this clip tip.]

Book Reviews (1995-1)
Mind Trek, by Joe McMoneagle, was reviewed in Brain/Mind, August 1994. Robert Monroe's Journeys Out of the Body was cited as pivotal to Joe's understanding of his first two lifechanging near-death experiences.

Books (1995-2)
The following titles are available from your local bookstore.

The Celestine Prophecy: An Experiential Guide, by James Redfield and Carol Adrienne ($8.99, softcover), quotes extensively from ULTIMATE JOURNEY in the chapters “The Message of the Mystics” and “The Emerging Culture.” The basic principles gleaned from Bob's out-of-body travels are summarized under the heading “Shift Your Perspective.”

The Sixth Sense, by Laurie Nadel, Ph.D. ($4.99, softcover, Metamorphosis), lists TMI tapes in its bibliography as “psychotechnology aids” to the intuitive process. [Thanks to Mark Adornetto—our source for this clip tip]

Books (1995-3)
The following titles are available from your local bookstore.

Healing Myself, by Gari Carter ($10.95, softcover, Hampton Roads Publishing Company, Inc.),

Living Is Forever, by J. Edwin Carter ($9.95, softcover, Hampton Roads Publishing Company, Inc.) (1995-1)

Books (1995-4)
Travelling with Power, by Ken Eagle Feather ($10.95, softcover, Hampton Roads Publishing Company, Inc.)

New Books (1997-2)
Remote Viewers, by science writer Jim Schnabel ($5.99, softcover, Dell Publishing), is a fast-paced, detailed account of the American intelligence community's attempts to employ exceptional human functioning during the cold war era. A full chapter is devoted to Joseph McMoneagle. TMI Research Director F. Holmes (Skip) Atwater, who was deeply involved in this program during the last ten years of his military career, receives special acknowledgment for his contribution to the accuracy of Schnabel's research. Look for it at your local bookstore.

New Books (1997-4)
Voyages into the Unknown by Bruce Moen, volume I in the *Exploring the Afterlife Series*, was published in August by Hampton Roads. Goaded by his curiosity and guided by techniques learned in TMI residential programs, Bruce has made foray after foray into other dimensions. You won't be able to put this mesmerizing personal account down!

New Books (1998-2)
From years of knowledge acquired as a TMI OUTREACH trainer, Patricia Leva has crafted a truly comprehensive guide for *Traveling the Interstate of Consciousness*. This “driver's instruction manual for using Hemi-Sync to access states of non-ordinary reality” deserves a place in the libraries of beginners and experienced road scholars alike.

New Books (1999-1)
It's here! Joseph McMoneagle's second book, The *Ultimate Time Machine: A Remote Viewer's Perception of Time, and Predictions for the New Millennium*. Those who have heard Joe's riveting GATEWAY VOYAGE presentation know him as a man of integrity, wisdom, and far-reaching vision. Now he has used his remote viewing talents to expand that vision through 2075. Over 150 detailed predictions target the pivot points of humanity's future. The book includes Joe's perspective on the year 3000, which he feels will be “the ultimate test of our ability to create and manipulate our future.”

Engineer Bruce Moen attended LIFELINE three times, fighting his innate skepticism every step of the way. Finally, the truth of his personal experiences in nonphysical realms became undeniable. In *Voyage Beyond Doubt*, the second volume in the Exploring the Afterlife Series, Bruce maps out the territory ahead of us all with special attention to the possibility of afterlife contact.

New Books (1999-2)
TMI Professional Member David Atkinson was diagnosed in 1991 with a motor neuron condition that strongly resembled Lou Gehrig's disease, which is considered incurable. In *Hope Springs Eternal: Surviving a Chronic Illness*, David tells how he used traditional and alternative treatments, suggestions from the Edgar Cayce readings, and Hemi-Sync to slow and reverse

most of his debilitating symptoms. He now devotes his life to helping others with similar “hopeless” prognoses.

The intrepid group of Explorers who collaborated with Bob Monroe in his early investigations of human consciousness and nonphysical reality laid the foundation for The Monroe Institute as it exists today. In *Cosmic Journeys: My Out-of-Body Explorations* with Robert A. Monroe, Rosalind A. McKnight (Explorer ROMC) tells the inside story of those formative years with warmth, wit, and style. Cosmic Journeys includes a foreword by Laurie A. Monroe.

Even as a child, Angela Thompson Smith had the ability to “look” beyond the limits of time/space. *Remote Perceptions: Out-of-Body Experiences, Remote Viewing, and Other Normal Abilities* chronicles how she honed her talent and discovered its many practical applications. Angela gives concise guidelines for using “The Monroe Method” as an aid for developing extraordinary perceptual skills. She also discusses using the expanded states of awareness that the Hemi-Sync process makes available as stepping-stones to the out-of-body experience.

New Books (1999-3)
Mehmet Oz, MD, leading cardiovascular surgeon and codirector of the Complementary Medicine Center at Columbia Presbyterian Medical Center in New York City, has written—in *Healing from the Heart*—a book that stands at the crossroads of modern medicine. In lively, accessible language, illustrated with numerous case histories, Dr. Oz shows how a blend of holistic and allopathic treatments serve the patient's best interests. Among the “most popular” and effective interventions in use at Columbia Presbyterian is “a set of six relaxation tapes . . . using binaural beats,” TMI's *SURGICAL SUPPORT SERIES*.

New Books (2000-1)
The third and final volume of Bruce Moen's *Exploring the Afterlife* trilogy is now available from Hampton Roads Publishing Company (HRPC).

According to HRPC's reviewer, Bruce's Voyages into the Afterlife “take the out-of-body experience (OBE) to a new level.” The book includes a glossary of terms used in the exploration of nonphysical realms.

New Books (2000-2)
Timothy Guy, author of *Aliens Over America*, addresses the UFO/alien controversy by reviewing twelve “fantastic” books on various facets of the topic and juxtaposing each review with an interview with an expert. “The Martian Chronicles, Revisited” examines the premises of Courtney Brown's *Cosmic Voyage* and includes a description of Hemi-Sync as well as comments by Skip Atwater on remote viewing UFO bases.

Remote Viewing Secrets: A Handbook by Joseph W. McMoneagle is for everyone who wants to know how it's done. This “comprehensive guide to remote viewing and all of its technical aspects” [was published] in May 2000.

New Books (2001-1)

Divine Interventions by Dan Millman and Doug Childers is billed as a “spiritual X-Files” of stories offering “compelling evidence” that the world holds unimaginable mysteries. Robert Monroe rates his own chapter, “Unexpected Journeys: A Businessman Explores Out-of-Body Realms.” Beginning with the 1958 experience in which Bob was “catapulted beyond his body into ethereal realms usually reserved for great saints and mystics,” the authors conclude by describing one of Bob's first “retrievals.” Millman and Childers note that “the objective methods and technology he used to investigate and verify these decidedly subjective experiences” make them especially compelling.

The third and final volume of Bruce Moen's *Exploring the Afterlife* trilogy is now available from Hampton Roads Publishing Company (HRPC).

According to HRPC's reviewer, Bruce's Voyages into the Afterlife “take the out-of-body experience (OBE) to a new level.” The book includes a glossary of terms used in the exploration of nonphysical realms.

New Books (2001-2)

In *Muddy Tracks: Expeditions into an Unsuspected Reality*, Frank DeMarco, founder and chief editor of Hampton Roads Publishing Company (HRPC) and TMI Professional Member, presents a systematic account of the stages of his many years' journey in search of his Higher Self. The search was catalyzed by two life-changing experiences in 1970 and fueled by meeting Robert Monroe and by a personal epiphany during DeMarco's 1992 *GATEWAY VOYAGE.*

New Books (2001-4)

Volume 4 of Bruce Moen's Exploring the Afterlife Series describes the author's audacious odyssey to the origin of consciousness. In Voyage to Curiosity's Father, Moen “translates difficult metaphysical concepts into easily understood metaphors” and gives his interpretation of the ultimate nature of consciousness.

Robert O. Sornson, EdD, director of special education for Northville Public Schools, Northville, Michigan, and a TMI professional member, has edited *Preventing Early Learning Failure*. The book describes programs and practical approaches to develop every child's capacity for learning in the early years, thus setting the stage for success in life and ensuring that no child will be left behind.

New Books (2002-1)
Chok C. Hiew, PhD, calls *Tao of Healing: The Incredible Golden Light Energy* “an autobiographical journey of self-discovery [that] provides a unique approach to health and energy healing.” Dr. Hiew's enthralling journey began in his native Malaysia, then ranged to the United States, Canada, and Mexico, and circled back to Malaysia and Thailand. Chapter 10, “Lighting up Virginia,” describes the joint experiences of himself and his sifu, S. Y. Yap, while attending The Monroe Institute's Thirteenth Professional Seminar. Hiew feels those experiences validated wisdom gleaned from Eastern traditions and convinced him that he was “ready to be a cultivator of the Tao or Metta way.”

New Books (2002-4)
In The Stargate Chronicles: Memoirs of a Psychic Spy, Joseph McMoneagle reveals “the inside story of the U.S. government's military counterintelligence program.” He also considers “the ethics of using psychic abilities to benefit a world power” and the personal challenges inherent in being psychic.

New Books (2003-1&2)
Thomas Campbell, a nuclear physicist and a member of Bob Monroe's original Explorer team, has just published My Big TOE (My Big Picture Theory Of Everything). The trilogy—comprised of *Awakening, Discovery,* and *Inner Workings*—aims to unify philosophy, physics, and metaphysics “under one seamless scientific understanding.” Monroephiles will be especially interested in the first twelve chapters of Awakening, an engrossing account of Tom's opening to the nonphysical realm through transcendental meditation and how that led to his encounter with Bob Monroe, the “Wizard of Whistlefield.”

New Books (2004-1&2)
A School Leader's Playbook, by TMI Professional Member James E. Akenhead, EdD, was published early in 2004. His distinguished career as an educator and consultant to organizations spans forty years. Dr. Akenhead presents “proven methods for leadership, team building, and problem solving in any organization” and refers to TMI as a resource for those who want to learn to “think out of the box.”

The Synchronized Universe: New Science of the Paranormal by Claude Swanson, PhD, is an excellent primer on every major facet of paranormal practice and investigation. The work and writings of Robert Monroe and Joseph McMoneagle are generously represented, and the reference section and index are complete and well organized.

March 2004 saw the long-awaited publication of *Focusing the Whole Brain*, edited by Ronald Russell, MA. Focusing the Whole Brain contains a rich array of articles on Hemi-Sync applications in personal growth and development, in medicine, in psychiatry, with autistic

children, in nursing homes, for sleep training, in education, and in many more fields. An introductory Hemi-Sync CD is included.

New Books (2006-1&2)
The March 2006 issue of Reader's Digest featured *Reading the Enemy's Mind*, by Paul H. Smith, in the Book Bonus section under the title “The Most Secret Agent. “

In the early 1980s Paul Smith became a participant in Project Center Lane, a U.S. Army program that used “remote viewing to collect intelligence against foreign threats.” He learned RV skills under the tutelage of Captain Fred “Skip” Atwater and would later participate in Center Lane's successor, the Star Gate program, which was eventually taken over by the CIA. Smith tells his story in a lively and engaging style, revealing details that were previously classified.

New Books (2007-1&2)
Psychic flight attendant Keli Adams has authored *Ethan's Milagro: A Place Where Souls Are Fed, Hearts Sing, and You Are the Miracle*. Her coauthor is a little boy named Ethan who has Angelman's Syndrome (AS). Despite neurological deficits that make “normal” functioning challenging, AS children are sociable, playful, and laugh a lot. Keli bonded with Ethan through her healing work, and he honored her by telepathically sharing his vision of a nonphysical park—milagro (miracle)—where anyone who wishes can “playheal” to their heart's content. The book also describes how to use resources such as labyrinths, Reiki, and Hemi-Sync@ to promote spiritual growth.

Instant Intuition: A Psychic's Guide to Finding Answers to Life's Important Questions is a smorgasbord of techniques for reliably developing clairvoyant ability. Author Anne Jirsch, psychic, tarot consultant, metaphysical teacher, past-life regressionist, and future-life progressionist, provides an array of techniques to attain that goal in a lively, readable style. Directions for simple exercises are interspersed with real-life examples of practical application. A discussion with TMI President E Holmes “Skip” Atwater highlights his involvement with the U.S. government's Stargate remote viewing (RV) program and his thoughts on how RV works.

In *The Journey of a Modern Mystic: The Battle for the Kingdom of God*, Volume I, Edward Rasor describes his life's odyssey, which has ranged from the mean streets of New York City, to the back streets of Iraq, Afghanistan, and Yemen, leading finally to TMI's *GATEWAY VOYAGE*®. Rasor offers a perspective both practical and mystical on war, love, life, death, Islam and Christianity, women, the Israeli/Palestinian conflict, and the prospects for creating a better world. The Journey of a Modern Mystic is available in softcover for $29.95 from http://www.amazon.com